

# **Cookbook for The Grind**

**Created by HPS Menu Planner**

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# Chef Salad w/ Ham

<b>Servings:</b>	20.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55864
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HAM, 97% FAT FREE, COOKED, WATER-ADDED, SLICED	48 4/5 Ounce		100187
LETTUCE ROMAINE	20 Cup		305812
Baby Carrots	2 2/5 Ounce		812540
Cucumber	80 Slice	BAKE	16P98
Grape Tomato	60 Each		372410
CHEESE MOZZ SHRD	5 Ounce	READY_TO_EAT Preshredded. Use cold or melted.	645170
Cheddar Cheese shredded	5 Ounce		150250

## Preparation Instructions

- Step 1: Thaw ham in the refrigerator
- Step 2: Mix mozzarella and cheddar cheese together, set in a cooler
- Step 3: Clean and chop lettuce
- Step 4: Clean carrots and shred
- Step 5: Clean cucumbers and slice
- Step 6: Clean grape tomatoes
- Step 7: Place 1 Cup of lettuce in the salad container, and place a sprinkle of shredded carrots on top
- Step 8: Place 4 cucumber slices on the side of the salad
- Step 9: Place 3 grape tomato on the side of the salad
- Step 10: Place .5 oz of mixed cheeses on top of the salad
- Step 11: Bake croutons according to recipe directions
- Step 12: Serve salad with croutons and a choice of dressing

## Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.250
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	1.500
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	123.61
<b>Fat</b>	5.65g**
<b>Saturated Fat</b>	2.93g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	40.02mg
<b>Sodium</b>	517.52mg
<b>Carbohydrates</b>	9.86g
<b>Fiber</b>	1.08g
<b>Total Sugar</b>	5.65g
<b>Added Sugar</b>	0.00g**
<b>Protein</b>	13.55g
<b>Vitamin A</b> 35.70mcg**	<b>Vitamin C</b> 11.79mg**
<b>Calcium</b> 70.11mg	<b>Iron</b> 0.39mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## Nutrition - Per 100g

No 100g Conversion Available

# Turkey Bacon Wrap

<b>Servings:</b>	30.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56857
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
TURKEY BRST SLCD OVN RSTD	90 Slice		344120
BACON TKY CKD	30 Slice		834770
TORTILLA FLOUR ULTRGR 9"	30 Each		523610
LETTUCE ROMAINE	30 Cup		305812
TOMATO ON THE VINE	7 1/2 Cup		225460

## Preparation Instructions

- Step 1. Take 1 tortilla shell
- Step 2. Put 3 slices of turkey and 1 slice of bacon on shell
- Step 3 Top with a cup of chopped romaine and 3 slices of tomato

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.179
<b>Grain</b>	2.250
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.500
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 30.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	259.53
<b>Fat</b>	6.53g
<b>Saturated Fat</b>	2.88g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	31.25mg
<b>Sodium</b>	912.96mg
<b>Carbohydrates</b>	33.75g
<b>Fiber</b>	4.55g
<b>Total Sugar</b>	5.25g
<b>Added Sugar</b>	0.18g
<b>Protein</b>	18.19g
<b>Vitamin A</b> 374.85mcg	<b>Vitamin C</b> 6.17mg
<b>Calcium</b> 60.50mg	<b>Iron</b> 2.35mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Peanut Butter and Jelly Meal

<b>Servings:</b>	80.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56850
<b>School:</b>	CHS - Indiana		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
SAND UNCRUST PB&J GRP WGRAIN	80 Each	Or #536012 Strawberry Uncrustable	527462
CRACKER GLDFSH WGRAIN COLOR	80 Package		112702
CHEESE STRING MOZZ LT IW	80 Each		566413

## Preparation Instructions

Step 1. Remove the uncrustables from the freezer and let them thaw

Step. Add 1 package of goldfish cracker and a cheese stick together in a bag

Step 3 Add the uncrustable sandwich to the bag

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 80.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	460.00
<b>Fat</b>	22.50g
<b>Saturated Fat</b>	6.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	10.00mg
<b>Sodium</b>	640.00mg
<b>Carbohydrates</b>	46.00g
<b>Fiber</b>	5.00g
<b>Total Sugar</b>	15.00g
<b>Added Sugar</b>	12.00g
<b>Protein</b>	18.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 243.00mg	<b>Iron</b> 1.72mg

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Yogurt Parfait

<b>Servings:</b>	25.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56853
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
Yoplait Parfait Pro Lowfat Vanilla Yogurt, Reduced Sugar, Bulk Pouch, 64 Oz Bag, 6/Case	25 Cup		499989
Nature Valley Granola Cereal 25% Less Sugar Cinnamon Bulk pack	12 1/2 Cup		569744
Blueberries - frozen	6 1/4 Cup	You also can use 1/2 cup bananas, peaches, or other fruit on hand	100243
Strawberries Sliced	6 1/4 Cup		

## Preparation Instructions

Step 1: Place 1 Cup of yogurt into a tumbler

Step 2: Place 1/2 Cup of strawberries on top OR

Place 1/2 Cup of blueberries on top

Step 3: Place 2oz of granola on top (or serve with an individual packet of granola)

Step 4: Hold in cooler until service

You can also use a 1/2 of bananas, peaches or other fruit on hand.

## Meal Components

Amount Per Serving

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<b>Meat/Meat Alternate</b>	2.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.500
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

## Nutrition Facts

Servings Per Recipe: 25.000

Serving Size: 1.00 Each

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<b>Amount Per Serving</b>	
<b>Calories</b>	455.30
<b>Fat</b>	5.33g
<b>Saturated Fat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	7.46mg
<b>Sodium</b>	274.55mg
<b>Carbohydrates</b>	89.16g
<b>Fiber</b>	10.18g
<b>Total Sugar</b>	41.50g
<b>Added Sugar</b>	19.62g
<b>Protein</b>	14.72g
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<b>Vitamin A</b> 238.81mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 328.36mg	<b>Iron</b> 0.00mg

## Nutrition - Per 100g

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No 100g Conversion Available

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# Protein Pack

<b>Servings:</b>	10.000	<b>Category:</b>	Entree
<b>Serving Size:</b>	1.00	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-55861
<b>School:</b>	The Grind		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
HUMMUS TACO CUP	10 Each		437078
CHIP TORTL RND R/F	10 Each		662512
CHEESE STRING MOZZ LT IW	10 Each		566413

## Preparation Instructions

Place all items in a container.

Store in cooler til service.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	2.500
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 10.000

Serving Size: 1.00

Amount Per Serving			
<b>Calories</b>	380.00		
<b>Fat</b>	13.00g		
<b>Saturated Fat</b>	3.00g		
<b>Trans Fat</b>	0.00g		
<b>Cholesterol</b>	10.00mg		
<b>Sodium</b>	540.00mg		
<b>Carbohydrates</b>	47.00g		
<b>Fiber</b>	8.00g		
<b>Total Sugar</b>	3.00g		
<b>Added Sugar</b>	0.00g		
<b>Protein</b>	16.00g		
<b>Vitamin A</b>	0.00mcg**	<b>Vitamin C</b>	0.00mg**
<b>Calcium</b>	281.00mg	<b>Iron</b>	2.60mg

\*\*One or more nutritional components are missing from at least one item on this recipe.

## **Nutrition - Per 100g**

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No 100g Conversion Available

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# Croutons

<b>Servings:</b>	20.000	<b>Category:</b>	Grain
<b>Serving Size:</b>	1.00 Each	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-56863
<b>School:</b>	CHS - Indiana		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
BUN HAMB SLCD WGRAIN WHT 4 10-12CT	20 Slice		266546
SPRAY MIST GARL ZESTY	20 Serving		542344
SEASONING GARLIC ROMANO	2 2/5 Teaspoon		655279

## Preparation Instructions

No Preparation Instructions available.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	2.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.000
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 20.000

Serving Size: 1.00 Each

Amount Per Serving	
<b>Calories</b>	163.60
<b>Fat</b>	3.44g
<b>Saturated Fat</b>	0.74g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	288.00mg
<b>Carbohydrates</b>	25.00g
<b>Fiber</b>	3.00g
<b>Total Sugar</b>	4.00g
<b>Added Sugar</b>	3.00g
<b>Protein</b>	5.00g
<b>Vitamin A</b> 0.00mcg	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 30.00mg	<b>Iron</b> 2.00mg

### Nutrition - Per 100g

No 100g Conversion Available